

## **WORKSHOP:**

### **PRACTICAL LIFE**

~ *Content Overview & Timetable*



Practical Life Exercises are the starting point for the youngest children in a Montessori classroom. The purpose of these simple exercises is to provide a link with home; to help to develop co-ordination and independence; and to indirectly lengthen the child's concentration span. Maria Montessori said that the "Exercises of Practical Life" are the most important of all the activities of the young child, because they contain the very essence of her teaching.

#### **CONTENT OVERVIEW & TIME TABLE**

<b><u>09:00am</u></b> -	Registration
<b><u>09:30am</u></b> -	Overview of Materials and Uses Purpose of Exercises Photograph and Note Taking Session
<b><u>10:45am</u></b> -	Tea / Coffee Break
<b><u>11.00am</u></b> -	Active Participation in: Three Preliminary Exercises Three 'Care of the Indoor Environment' Exercises Three 'Care of the Person' Exercises Three 'Care of the Outdoor Environment' Exercises
<b><u>01:00pm</u></b> -	Lunch (please bring packed lunch)
<b><u>01:30pm</u></b> -	Grace and Courtesy Demonstration Walking on the Line Silence Game
<b><u>03.30pm</u></b> -	Question Time
<b><u>04:00pm</u></b> -	Home Time

**NOTE:** For details on the workshop date, venue(s) & fees, please consult 'Workshop Schedule & General Information'.

*"If teaching is to be effective with young children, it must assist them to advance on the way to independence. It must initiate them into those kinds of activities which they can perform themselves and which keep them from being a burden to others because of their inabilities. We must help them to learn how to walk without assistance, to run, to go up and down the stairs, to pick up fallen objects, to dress and undress, to wash themselves, to express their needs in a way that is clearly understood, and to attempt to satisfy their desires through their own efforts. All this is part of an education for independence."*

~ *Maria Montessori*